



Food Diet

Your Plan has been successfully Created. We Hope this plan suits your requirements dear Client

Please note that the Food Diet has been prepared by our Model is now in good condition.

Meal

Hello! We are GymPlus Diet Making Model and we are happy to tell you that your plan is ready. Below, you'll find a customized diet plan based on your provided details. Enjoy your healthy journey!

Meal Food Item Quantity (grams)		
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Breakfast Oatmeal with fresh berries 150		
Greek yogurt with honey & nuts 120		
Green tea or black coffee 1 cup		
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Lunch Grilled chicken breast 200		
Quinoa salad with mixed vegetables 150		
Steamed broccoli 100		
Apple (medium-sized) 1 piece		
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Dinner Baked salmon fillet 180		
Brown rice 100		
Steamed asparagus 120		
Mixed greens salad with olive oil dressing 1 bowl		
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Snacks Almonds (unsalted) 30		
Carrot sticks with hummus 80		
Fresh fruit (e.g., banana, orange) 1 piece		
Cottage cheese 100		

We hope the Diet helped you to achieve your goal.



Disclaimer: Maintaining a healthy lifestyle requires a balanced approach that encompasses several key elements, At the foundation is a nutritious diet rich in whole, unprocessed foods - plenty of fresh fruits and vegetables, lean proteins, whole grains, and healthy fats..

